

**WELCOME ADDRESS**  
**DR SURINDER SINGH**  
**MEDICAL DIRECTOR, TMC WOMEN'S SPECIALIST HOLDINGS**  
**SDN BHD**

**MOU SIGNING AND MEDIA LAUNCH – IMU COLLABORATION**  
**25 AUGUST 2017 (FRIDAY)**

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1. Prof Emeritus Datuk Dr Khalid Abdul Kadir, Chairman, TMC Life Sciences;
  2. Prof Abdul Aziz Baba, Chief Executive Officer and Vice Chancellor, IMU Education;
  3. Ms Nadiah Wan, Chief Executive Officer, Tropicana Medical Centre;
  4. Ms Woon Ming Ming, CEO, TMC Fertility and Women's Specialist Centre;
  5. Ms Caroline Tan, Director, IMU Healthcare;
  6. Dr Liow Sook Mee, Head of Chinese Medicine Clinic, IMU Healthcare;
  7. Senior Management of IMU and TMC;
  8. Esteemed Doctors, Heads of Department and fellow colleagues;
  9. Members of the media;
  10. Ladies and gentlemen;
- Good afternoon and thank you for taking the time to be here today to mark a very special occasion in the history of TMC Fertility Centre. As Malaysia's largest network of fertility centres, we take pride in being industry leaders and

innovation-drivers. As such, we are pleased to add another feather to our cap with today's MoU Signing with IMU Healthcare.

- We are always seeking ways to give our patients the best care possible in the course of their fertility treatment; and introducing acupuncture is one of the ways we believe will benefit them in various ways.
- The use of acupuncture in Assisted Reproductive Technologies is not something new. Scientific research shows that it improves rates of pregnancy and live birth rates among women undergoing IVF treatment by mediating the release of neurotransmitters that influence the menstrual cycle, ovulation and fertility.
- Studies show that acupuncture before and after Embryo Transfer will help increase pregnancy rates in IVF treatment by preparing the endometrium lining, which will help increase implantation rates of the embryo. Acupuncture is also well-recognised in regulating hormonal rates, and reducing stress and anxiety, something which I know patients will definitely appreciate.
- For someone who has been practising fertility in the last twenty years, I understand and empathise fully with the high levels of anxiety faced by couples undergoing IVF treatment. Our role as fertility specialists is not just to help

our patients achieve pregnancy through IVF, but also to assist them manage their stress levels throughout treatment.

- As one full IVF cycle can take up to 3 weeks or more to complete, it is important for couples undergoing treatment to find ways to keep stress levels under control. This is where many other complementary therapies apart from acupuncture have been utilised. Relaxation techniques such as yoga, meditation, aromatherapy, massage, even hypnotherapy, have been successfully used for anxiety control, although there are no documented research to prove their efficacy.
- In short, we want to our treatment to be holistic and wholesome; as we find ways to address the root cause of their problems and treat our patients' mind and body synergistically as one instead of separate issues. Although there is no strong evidence proving anxiety contributes to infertility, there has been studies showing that depression can affect conception.
- This is believed to be the body's natural biological response. When the mind is under duress, it sends messages to the body that it is probably not the best time to make a baby. This is why the relaxation techniques

mentioned earlier – yoga, meditation, etc –potentially plays an important part in the fertility process.

- Relaxation techniques help to stimulate the pineal gland, a small gland the size of a grain of rice that is located in between the two hemispheres of the brain. This gland is responsible for the production of two important hormones – serotonin and melatonin – that are necessary for a sense of well-being, libido and relaxation; all of which informs the brain of a woman that all is well, so she is now ready to start a family.
- On this note, however, we also advise patients to practise caution when seeking complementary treatments, as they may not be as well-regulated as allopathic medicine. This explains our collaboration with a reputed acupuncture clinic such as IMU, so that we can safeguard our patients' interests and safety.
- Apart from acupuncture, our centre also offers Counselling services to couples who need help managing their emotional equilibrium before, during or after fertility treatment. From what I understand, the counselling service has been effective not just to help patients feel calmer and more in control of their treatment process, but also helps them understand each other better.

- We also advise patients to always keep their clinicians informed of any form of complementary treatments they may have taken, to ensure there are no contraindications. Both clinicians will then communicate between themselves to decide the best possible treatment plan for the patients.
  
- In closing, I'd like to thank IMU Healthcare for agreeing to partner us in this new endeavour. May our journey ahead bring new hope and possibilities for our patients in their quest towards parenthood.
  
- Thank you.